



Stay strong through stress



Stress is inevitable, but you don't have to let it get you down. In fact, the body's physiological response to stress is actually preparing you to deal with the stressor head-on as it gets ready for "fight or flight" mode. However, most people fail to utilize this response for their benefit and often succumb to stress, which generally produces more stress! **Next time you're in a stressful situation, try these steps...**

1. Perform a mind-shift.

When you feel the physical signs of stress, think about how they're actually giving you increased strength to power through it. For example, if your heart starts to race, think of it as helping your body prepare to deal with the stress and giving you the energy to tackle it.

2. Change your response.

The only part of stress you can control is your response to it! Rather than letting yourself become worked up, take a step back and recognize that keeping your cool will help you handle the situation more effectively.

3. Confront the challenge.

Create a plan for how you are going to overcome the stressor and minimize its impact.

- Break down the situation into smaller manageable components
- Deal with one problem at a time
- Identify what is within your control and what isn't
- Accept the things that are not within your control
- Adapt to the stressor, rather than letting it control you

4. Reframe the situation.

Don't let the situation get you down—instead, consider how it is contributing to your life. What positives can you gain from the situation?

5. Find meaning.

What did the stressor teach you? What can you gain from the experience to help you moving forward?

Everyone deals with stress differently.

The key is finding a solution that works for you and your situation!



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